

# Consumption:

## HOW TO PREVENT IT,

AND

## HOW TO CURE IT.

BY

JAMES C. JACKSON, M.D.

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### Contents.

*There are two kinds of Consumption, — that which is called Tubercular, or Pulmonary; and that which is termed Mesenteric, or Bowel Consumption.*

#### TUBERCULAR OR PULMONARY CONSUMPTION: WHAT CAUSES IT?

##### **A. HEREDITARY CONSTITUTION; OR INHERITED PREDISPOSITION, TRANSMITTED TO THE INFANT BY ITS PARENTS, THEY HAVING —**

- (b) Scrofulous Diathesis.
- (c) Impairment of the Constitution by Drug-taking.
- (d) Exhaustion by Sexual Indulgence.
- (e) Difference in Age.
- (f) Close Intermarriage.

##### **B. CAUSES GROWING OUT OF THE HABITS OF LIVING OF THE PARENTS; as —**

- (a) Unwholesome Food; Unhealthy Drinks, — as *Impure Water*, Mineral or Medicated Water, Tea, Coffee, Distilled Liquors, Fermented Liquors, &c.
- (b) Causes operating on the Mother during Pregnancy.

##### **C. CAUSES WHICH ARE NOT CONGENITAL, BUT INDUCED AFTER BIRTH; such as —**

- (a) Unhealthy Milk while Nursing.
- (b) Improper Food in Childhood.
- (c) Impure Air in Day-time, in Shops, Churches, Factories.
- (d) Sleeping with Consumptive Persons in the same Bed.
- (e) Working in close Rooms with them, and breathing the Exhalations from their Lungs and Bodies.
- (f) In-door Employment, active and sedentary. Want of Out-of-door Exercises.
- (g) Want of Light and Sunshine, and the Effect of Climate.
- (h) Dress, — for Day and Night, and with Reference to different Parts of the Body.

##### **D. MENTAL CAUSES: —**

- (a) Study, too close, too protracted, too monotonous, and in bad postures.
- (b) Lack of Recreation and Amusements.
- (c) Social Intercourse of the Sexes.
- (d) Unhappy Marriages, Failures in Business, Disappointed Affections.

##### **E. CAUSES ARISING FROM PRE-EXISTING DISEASE, OR OF THE RESPIRATORY ORGANS; as —**

- (a) Influenza, Bronchitis, Catarrh, Whooping-cough, Hemorrhage of the Lungs.

##### **F. SKIN-DISEASES: —**

- (a) Measles, Small-pox, Scarlet-fever, Vaccination, Salt-rheum.

**G. UTERINE DISEASES:—**

- (a) Deranged Menstruation, Leucorrhœa, Displacement of the Uterus.

**H. DISEASES OF THE NUTRITIVE AND SECRETORY AND EXCRETORY ORGANS:—**

- (a) Dyspepsia, Piles, Gout, Constipation, Liver-complaint.

**MESENTERIC DISEASES, OR MESENTERIC CONSUMPTION; AND  
DISEASES OF THE URINARY ORGANS.**

1. How shall one know when he *has it*, or is going to have it?
2. What is the true treatment?
3. What is *not*?

It is *not* taking POISONS, by whomsoever administered.

It is *not* taking PATENT MEDICINES.

It is *not* taking MEDICATED INHALATIONS.

It is *not* taking STIMULATING BEVERAGES.

It is *not* eating SCROFULOUS FLESH-MEATS.

It is *not* using MINERAL-WATERS.

It is *not* being SHUT UP IN THE HOUSE.

It is *not* being STARVED.

It is *not* drinking HARD WATER.

It is *not* neglecting the SKIN.

But it is — using all agents, judiciously and skilfully, whose ordinary and legitimate effect on the organism is HEALTH-SUSTAINING.

THE foregoing brief schedule or synopsis of contents will enable the reader to judge somewhat of the character of the book. It is a complete guide for the *prevention and cure*, by means which are hygienic, of this most dreadful of all diseases wherewith human beings are afflicted.

The work contains an excellent steel-engraved likeness of the author, and makes a handsome octavo volume of four hundred pages. It may be obtained by remitting TWO DOLLARS to the publisher, and ordering the book sent by express; or \$2.25 will pay for the book sent prepaid by mail.

Consumptives who buy this book while they are still curable by any means, will, by heeding the suggestions presented and following out the formula of treatment prescribed, most assuredly get well. To do this will not involve the payment of fees to any physician, nor the administration to the patient of any drug-medicine or nostrum whatever.

Dr. Jackson is a firm believer in the theory which he presents; large experience in the treatment of disease, and abundant success in his extensive practice, having demonstrated its truthfulness to a certainty. The reader, therefore, should not confound this work, containing the best thoughts of a scientific and successful practitioner, with the numerous books on consumption which flood the market, but which are merely put forth as advertisements of some worthless nostrum, which is, more likely than not, exceedingly *poisonous* also.



## EDITORIAL NOTICES.

CONSUMPTION, HOW TO PREVENT IT AND HOW TO CURE IT, is the suggestive title of a book by Dr. JAMES C. JACKSON, which B. Leverett Emerson, 129, Washington Street, has recently published.

Dr. JACKSON is an able and intelligent physician, and treats disease from the only rational point of view; beginning with telling us how to prevent it. He enters into the causes of hereditary consumption; the evils of drug-taking, &c.; and explains the method of cure, of which he is one of the ablest advocates. The book, with its fund of information, will be eagerly sought in this insidious climate, where consumption finds so many victims. — *Boston True Flag*.

CONSUMPTION IS THE SCOURGE OF NEW ENGLAND IN SPECIAL. The number of its victims, annually, bears a fearful proportion to that of any other disease which is not epidemical. How to prevent it, and how to cure it, is, therefore, a question of the deepest interest to all classes. In this volume, Dr. Jackson treats the subject in a most intelligent, searching, and popular manner; avoiding all those medical technicalities, which, to the uninitiated, are utterly unintelligible. His style is flowing, lucid, and, for such a treatise, singularly attractive; and the scope of his survey indicates rare powers of observation, of analysis, and of judgment. We have no hesitation in recommending this work to the attention of every household. — *Liberator*.

This large volume is designed to explain to the people, in ordinary language, the nature and causes and preventives of that great scourge by which so many in all nations die. The book contains much information, on the way to prevent and cure consumption, that would be of great value to the people. — *Zion's Herald*.

B. Leverett Emerson, 129, Washington Street, publishes another of Dr. JAMES C. JACKSON's valuable medical books, in an octavo volume of 400 pages. It is entitled "Consumption: how to Prevent it, and how to Cure it." It is a thorough work of its class; and it is no exaggeration to say of it, that it has well-nigh exhausted the commanding subject to which it is devoted. The many errors of our social life are pointed out and animadverted upon in strikingly independent language. Seeing how much misery is caused by human follies, and how far men have departed from the life on earth that it was intended by their Creator that they should live, Dr. Jackson speaks with force to his fellows, that must have its effect; for his book is one that cannot fail to have many readers, as well from the nature of its matter as from its manner, which is to the utmost degree energetic and robust. He has gathered together, and placed in an easily accessible form, an amount of intelligence, on vitally attractive themes, that it would be difficult, if not impossible, to obtain elsewhere. No man ever had more decided opinions on the first of all earthly subjects, and no man ever enunciated those opinions in stronger and more emphatic words. All facts that tend through their promulgation to the preservation or the restoration of health should be made public; and we are glad to see that such is the opinion of our author, who is an able and experienced physician, and a man of high character. He knows what CONSUMPTION is; and, if that terrible evil can be avoided or cured hereafter, it will be in no light degree owing to his philosophic counsel and advice. His volume is one that should be studied, and *studied by all*. — *Boston Traveller*.

We have perused this work with much pleasure, and have derived much instruction therefrom in relation to the important subject on which it treats. CONSUMPTION is the bane of life. It is the spectre which haunts almost every fireside, and is the dread of every family. We see its buddings in youth in the countenances of our sons and daughters; we hear it in the deep, hollow cough; we behold it in the hectic flush which tinges the maiden's fair cheek; and know its approach by the bent form and hollow chest of our young men. The man who can draw our attention to the causes, and also lead us to find out a preventive, and, if not too late, find a cure, is a benefactor indeed.

The author prescribes a course of training, which will, we believe, radically change the course of our lives, and, if followed up, will improve the race. — *Waverley Magazine*.

Dr. Jackson holds that consumption, in its first and second stages, is a curable disease, and is to be cured by strengthening Nature, and clearing away those obstacles of false living which prevent her from exercising her salutary power. While he is thoroughly opposed to the drug-practice, we think he has, and here utters, very clear, strong, wholesome notions in regard to the whole subject of health and sickness; and we commend the book to the study of all persons who want to live as long as they can, and as well as they can. — *Congregationalist*.

The writer has evidently been a close medical student, and writes on in fulfilment of an idea that he has a mission to accomplish: i.e., to teach his fellows how to rid themselves of their diseases, and remain free for generations; to teach people how to put themselves in possession of their bodies, so that these shall render reasonable service,—so that the professions they seek, the pursuits they follow, the work they do, and the responsibilities they assume, may all be accomplished. — *Boston Transcript*.

Mr. B. Leverett Emerson, the Boston publisher, has sent us Dr. Jackson's work on Consumption; and we have read it with great interest. It corroborates some views we had previously entertained; it explains others; it suggests new theories on many points. It is a book altogether enriching to the reader, and worth any man's owning and pondering. Intending to make large fragmentary extracts from this volume hereafter, we will confine ourselves at present to a single chapter, which we find exceedingly suggestive and interesting. — *Home Journal*.

In this comprehensive monograph by a celebrated practitioner, the causes of consumption are traced to exhaustion of the constitution by various infringements of organic laws, including the improper use of medicine, excessive sensual indulgence, unhealthy food and impure water, the employment of alcoholic drinks, the want of thorough ventilation, and other injurious agencies, of which the nature and effects are pointed out in clear and ample detail. A considerable portion of the volume is devoted to the diseases which tend to produce consumption, with full directions for their treatment. The author has no confidence in the usual practice of medicine, but seeks the remedy for disease in various hygienic measures, which he explains and recommends at length with great earnestness or statement. But few can peruse the volume without gaining new ideas with regard to the preservation of health, and the importance of ascertaining and observing the natural laws of physiology. — *New-York Tribune*.



CONSUMPTION: HOW TO PREVENT IT, AND HOW TO CURE IT. — A discussion of congenital and other predispositions to consumption, their causes in wrong modes of living and practices, and of the means of prevention and cure. It contains much sound sense well put, and is worthy of being examined by all who are interested in the subject, — a lamentably large number. — *Independent*.

The medical world will need no prompting to purchase a new work by Dr. James C. Jackson. That eminent physician's skill, acquirements, extensive reading and practice, have been assiduously employed in the preparation of this volume; and others besides those of his profession may peruse it with profit. His sanitary suggestions are of the highest value. — *Boston Saturday-evening Gazette*.

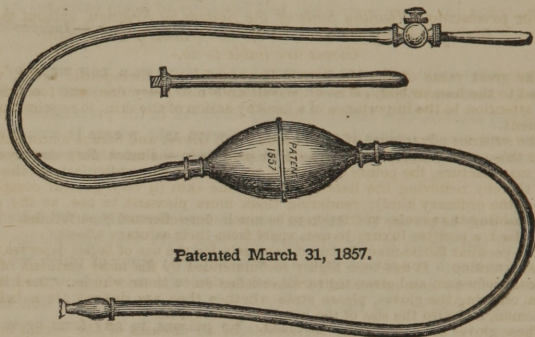
In the work before us, Dr. Jackson seems to have treated that fell destroyer, so fearfully destructive in our Northern latitudes, with his usual ability. He considers at length the various causes of consumption; many of which, we have no doubt, will be here presented to the reader for the first time. The causes being known, they will be the more likely to be guarded against, and many untimely deaths by this disease avoided. No poisons, in any form or in any condition, are advised. The treatment for consumption, whether in its incipient or advanced stages, which is advised by Dr. Jackson, is entirely hygienic, and consequently embraces all the means provided by Nature for the recuperation and healing of the system. The book is well worthy extensive reading, and will do much good. — *Water-cure Journal*.

This is one of the most instructive and valuable books that we have ever seen. The information presented in its pages relative to that alarming disease, CONSUMPTION, as to what it is, how to avoid it, and how to cure it, makes the book in every sense valuable to those who consider life and health worth possessing. — *Boston Investigator*.

Dr. Jackson has a reputation in his profession to sustain, — a reputation founded upon those professional traits which form a thinking, practical physician. A book, therefore, to which he would put his name as its author, must necessarily be a result of careful thought and valuable experience in the speciality of which he writes. The present work comprises a subject which has foiled almost as many physicians as it has destroyed patients, — a disease of which very little is known beyond its course and usual results. Dr. Jackson, however, probes its various causes; the idiosyncrasies, and manner of life, which most readily produce it; the various treatments in vogue; and a mass of information upon the *minutiæ* of the different stages of the disease. With all these, he freely advises the patient as to the best methods of prevention and cure. The book is designed to find effective readers everywhere, from its vigorous style, and its freedom from professional terms and mysteries. — *Watertown (Wis.) Republican*.

DR. JACKSON'S book on CONSUMPTION, HOW TO PREVENT IT AND HOW TO CURE IT, is acknowledged to be one of the most valuable practical works ever written on these most engrossing subjects. There are many who have a deep personal interest in the knowledge the book contains; and to all such, as well as to the seeker after useful information, it will be found invaluable. — *Boston Journal*.

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## EDITORIAL NOTICES.

In one volume, 8vo: *PATHOLOGY OF THE REPRODUCTIVE ORGANS*, embracing all forms of Sexual Disorders; by RUSSELL T. TRALL, M.D. — Having treated these peculiar diseases for ten years according to the old modes, and fifteen years according to the hydropathic system, Dr. Trall has come to the firm conclusion, that the latter is the best method of cure, and incomparably so. Indeed, he goes so far as to say that the “poisons” administered for the cure of those diseases are vastly more damaging than the diseases themselves would be if left to the unaided resources of the vital powers, with only such attentions to hygiene as common sense would suggest. His experience in both schools entitles him to speak with authority, as he certainly speaks with force. His volume must form a very valuable addition to the medical library, as containing the best results of a quarter of a century’s close observations of the most distressing maladies, and of their manner of treatment, made by an able and clear-minded man, who is devoted to his profession. It will be the source of much good; being prepared with care, and from abundant knowledge. — *Boston Traveller*.

*PATHOLOGY OF THE REPRODUCTIVE ORGANS*, embracing all forms of Sexual Disorders, by RUSSELL T. TRALL, M.D.; *THE SEXUAL ORGANISM*, and its Healthful Management, by JAMES C. JACKSON, M.D. — This new and valuable work, in half-Turkey binding, contains five hundred and fifty octavo pages, and a fine likeness of each of the authors. *It is a book for the times*, and should be in every family. But few men are as well prepared to speak upon the subjects treated in this work as Drs. Trall and Jackson. They have had long and successful practice, and stand at the head of very noted health institutions. — *World’s Crisis, Boston*.

*PATHOLOGY OF THE REPRODUCTIVE ORGANS*, by RUSSELL T. TRALL, M.D.; and *THE SEXUAL ORGANISM, AND ITS HEALTHFUL MANAGEMENT*, by JAMES C. JACKSON, M.D. — Both of these works, treating on the same subjects, are published in one volume, elegantly printed and bound. It is a rare sight to see medical books in so fine guise. The authors are well-known hygienic or hydropathic physicians, are both vigorous and earnest writers, and stand very high in the school of practice to which they belong. The book is designed as an elaborate treatise for popular use on every form of sexual disease or derangement. It is plain and perspicuous in style, and may be easily understood by common readers. It abounds in hints and suggestions, which, if heeded by the young especially, will prevent much disease and suffering. Ample prescriptions are given — of course, on the hygienic system — for the remedy of established diseases, and all drug-poisoning is anathematized with a will. The controlling spirit of the book is a vein of common sense; though the peculiar opinions of the authors make them, in some degree, intolerant of every other system but their own. This spirit, however, seems to be a necessary concomitant of the medical diploma; and must be inherent in the parchment, we think.

It may be said of this book, too, that it appears to be an honest effort to diffuse useful information. Most of the popular works on the subject of which it treats are the reverse of this, and are mere advertisements of quacks. Those interested can procure this publication in Boston of W. V. Spencer, 94, Washington Street; of A. Williams & Co., 100, Washington Street; and elsewhere of the principal booksellers. — *The Plymouth Rock*.



**PATHOLOGY OF THE REPRODUCTIVE ORGANS**, embracing all forms of Sexual Disorders, by RUSSELL T. TRALL, M.D.; **THE SEXUAL ORGANISM, AND ITS HEALTHFUL MANAGEMENT**, by JAMES C. JACKSON, M.D.—In one volume 8vo, five hundred and fifty pages, half-morocco; with accurate portraits, from steel, of the authors. There are no portions of the human system less understood, more liable to derangements and to be diseased, and, when so, more difficult to treat with satisfactory results, than the organs of reproduction; but notwithstanding that this is well known, or at least very generally admitted, such has always been the state of public feeling, that it has been dangerous to a writer's reputation to treat thereon.

Owing, however, to the efforts of a few leaders in hygienic reform, this prudery is somewhat abated; and the people are beginning to feel, that it is proper to study that which it is right and necessary to know. With a few exceptions, the books that have been heretofore written concerning the generative organs have been designed either to laud some medicines or practitioner, or, by exciting the passions, to make money directly from the sale, without regard to the merit of the book or the truth of its teachings. Those who know the authors of the book under notice, know that, for years, they have given their most earnest efforts to the advancement of the cause of medical reform, and that they are most uncompromising enemies of drug-medication, whether administered by quacks or by authority of "orthodox" medical colleges. The position they have attained as writers and practitioners, although opposed in the bitterest manner by all old-school physicians,—regular, irregular, and defective,—is a guaranty to the public of the honesty of purpose with which they write.

The "Pathology of the Reproductives" treats principally on venereal diseases, spermatorrhoea, female diseases, and miscellaneous affections of the reproductive organs; their causes, and proper mode of treatment. "The Sexual Organism, and its Healthful Management," is the title chosen by Dr. Jackson under which to talk plainly and instructively on all the delicate points connected with generation and reproduction, and the proper treatment for all troubles arising from the abuse of the genitals. The book is well printed, substantially bound, and should be read by all old enough to understand it, particularly by all married people.—*Water-Cure Journal*.

**THE SEXUAL ORGANISM, AND ITS HEALTHFUL MANAGEMENT**; by JAMES C. JACKSON, M.D.—This is the production of an experienced and learned physician, who deals with a delicate subject in a very scientific manner; while, at the same time, his language is such as to be comprehensible by general readers. There is a prejudice against the discussion of this subject, though it is not so strong as it used to be; the progress of intelligence having opened men's minds to the necessity of studying all branches of physiology. Dr. Jackson, in firm but courteous language, shows that this prejudice is unreasoning; which certainly is not too strong a word to apply to it. "Nevertheless," he says, "as a Christian man, owing obligations to his fellows, growing out of his relations to them; as well as a professional man, who has had very large and extensive opportunities for observation and experiment,—which together constitute a man's experience in this class of diseases,—I have, under the opening presented to me, no option: I *must* do my duty. I shall try to do it with delicacy, and with a due regard to the subject discussed; and I beg the reader of these pages to follow me, if so be that he

or she may have any interest in the topics presented for thought." It will be allowed by all who accept the author's invitation, that he has, with equal learning and tact, redeemed his pledge. His experience enables him to instruct the student or reader; and his work is not that of a mere theorist, but the production of a practical man. There is nothing in it that can offend any one; all matters being discussed in a purely scientific manner. The style is direct, pointed, and vigorous. Many old theories and practices are treated by Dr. Jackson as so much stubble; and, as such, he burns them up in warm language. The work is bound up with Dr. Trall's book, "Pathology of the Reproductives," previously noticed. — *Boston Traveller*.

**PATHOLOGY OF THE REPRODUCTIVE ORGANS**, by RUSSELL T. TRALL, M.D.; **THE SEXUAL ORGANISM, AND ITS HEALTHFUL MANAGEMENT**, by JAMES C. JACKSON, M.D. — This is a volume (or rather two volumes in one), which, we think, is deserving of more than ordinary mention. We need not speak of the character of the work; that is expressed in the title, which is given above: but, as to the style in which the various topics are discussed, a word or two may with propriety be said. The authors are unknown to us; but, nevertheless, may not be without a large reputation. Certain it is, their labors seem to have been worthily directed, since they aim to correct the very gravest errors. Dr. Trall claims to have had ten years' experience in treating the peculiar diseases his book discusses, according to the principles of drug-medication as taught in medical schools and books; and fifteen years' experience in treating the same maladies according to the principles of the hydropathic, or more properly hygienic system; and the latter he emphatically adopts. This book, then, is devoted to illustrating, in the simplest, plainest manner, his method of treatment; and, it is but reasonable to say, he seems to have performed his work well.

The second part of this volume is occupied by Dr. Jackson. He makes no apology for touching upon a subject which is too tender for the over-fastidious, but proceeds to speak of things as they exist; making no useless display, however, to gratify the perverted tastes of those who would read his book simply from curiosity.

We can say for this volume, then, that it is familiarly written, yet not so much so as to be offensive. The subjects taken up appear to be fully and comprehensively discussed, and it is gotten up in a substantial form. One is disposed to believe it a work that may accomplish much good. For sale in Lowell by Joshua Merrill, No. 37, Merrimack Street. — *Lowell (Mass.) Vox Populi*.

**PATHOLOGY OF THE REPRODUCTIVE ORGANS**, by R. T. TRALL, M.D.; **AND THE SEXUAL ORGANISM, AND ITS HEALTHFUL MANAGEMENT**, by J. C. JACKSON, M.D. — B. Leverett Emerson, 129, Washington Street, Boston, publishes a book with the above titles, in two distinct parts, and by two distinguished hydropathic physicians, whose practice eminently qualifies them to treat the subjects herein discussed. Dr. Jackson conveys a great deal of information with equal clearness and delicacy. The hints he gives will be acceptable to thinking persons, who feel the importance of studying all branches of physiology. Dr. Trall gives full and simple directions for the cure of local diseases. The book is handsomely gotten up, and strongly bound in calf; and will prove a valuable addition to medical literature. — *Boston True Flag*.



**PATHOLOGY OF THE REPRODUCTIVE ORGANS**, by RUSSELL T. TRALL, M.D.; **THE SEXUAL ORGANISM**, by JAMES C. JACKSON, M.D. Boston: B. Leverett Emerson. — The treatises in this volume are upon subjects of the utmost interest and importance in a physiological point of view. These subjects are handled in an able manner. The authors are medical men of large experience; and the advice which they give is sound, and applicable alike to the guidance of parents and to the benefit of the young. A perusal of the work will do much to secure healthy mental and bodily functions; while to suffering humanity it offers judicious advice which may save many from complicating their sufferings by resorting to quack-doctors and empirical treatment. — *Boston Journal*.

**PATHOLOGY OF THE REPRODUCTIVES, AND THE SEXUAL ORGANISM**; by R. T. TRALL, M.D., and J. C. JACKSON, M.D.; 8vo, pp. 242 and 279. With BATHS, AND HOW TO TAKE THEM, by HARRIET N. AUSTIN, M.D.; pp. 11. Boston: B. L. Emerson, 129, Washington Street. 1861. "This is really a scientific work of great practical value. It is written in popular style, so that ordinary readers can understand its teachings. Ignorance on the delicate subjects of which it treats is the foundation of a vast amount of terrible suffering and death. All other works on the subjects discussed in this volume, that have fallen under our observation, except of course those especially intended for the medical profession, are addressed mainly to a prurient taste, and are positively pernicious. This one may be safely put into the hands of young people, and parents especially can scarcely fail to be greatly profited by its perusal. They will know all the better how to rear up a healthy, virtuous family." — *Chicago Tribune*.

**PATHOLOGY OF THE REPRODUCTIVES**, by RUSSELL T. TRALL, M.D.; **THE SEXUAL ORGANISM**, by JAMES C. JACKSON, M.D. 8vo, 550 pp. Boston: B. Leverett Emerson. — The above is the name of a new publication lately placed upon our table; and which, if it interest the majority of readers as it has ourselves, cannot fail to be productive of much benefit to both publisher and reader. The first part of the work comprises a clear and succinct history of the sexual organs, and the diseases incident thereto; together with what is called the "Hygienic System," as adapted to their cure.

The second part of the work, "The Sexual Organism," in our opinion, is a work that ought to be read by the young and old of both sexes. The writer (Dr. James C. Jackson) is well known as one of the ablest advocates of the hygienic system of treatment in the United States; and he has given the public, in this volume, practical information that should be known and acted upon by parents and children, the married and single. The doctor deals in no high-sounding technicalities; but his language is simple, clear, chaste, and easy to be understood. The chapters devoted to children and their management ought to be read by every mother. Since the aim in the work before us is not only to free the body of morbid and diseased conditions, but also, by a pleasant and rational philosophy, to purify and elevate our better natures, it certainly is deserving at our hands a candid and impartial investigation, which cannot fail to leave upon the mind pleasant reflections of the nobler and better purpose of our being and aim. — *Nunda News, N. Y.*

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The first of the three is the most important. It is the one which is most often used in the study of the history of the world. It is the one which is most often used in the study of the history of the world. It is the one which is most often used in the study of the history of the world.

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